

COUNTY OF LOS ANGELES CASTAIC REGIONAL AQUATIC CENTER WINTER 2013—2014 PROGRAMMING



Swim Team

The County of Los Angeles Novice Swim Team not only encourages a healthy and active lifestyle but also teaches youth the importance of teamwork. Ages 7—17.

Days	Hours
Monday—Friday	5:00pm—6:00pm

Adult Lap Swim

Swimming is a great workout for anyone starting an exercise regime due to the lack of impact on the joints and the body in general. We offer a wide variety of lap swim hours.

Days	Hours
Monday—Friday	6:30am—8:30am
Monday—Saturday	10:00am—12:00pm
Monday—Friday	6:00pm—8:00pm

Fees

Program	Cost
Youth Swim Team	FREE
Adult Lap Swim	\$25.00 (20 Swim Punch Card) \$7.00 Weekly
Aqua Aerobics	\$25.00 Monthly \$15.00 Bi—Weekly

Aqua Aerobics

Trade in your land-based aerobics class for one in the water for a cool, intense workout. Low impact, high intensity, lots of fun! Perfect for any age and athletic ability!

Days	Hours
Monday—Friday	8:30am—9:30am
Monday—Friday	6:00pm—7:00pm



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